



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01239, Ice cream cookie sandwich

Report Date: July 16, 2017 17:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	48.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kcal	240	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kJ	1003	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Protein	g	3.70	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Total lipid (fat)	g	7.40	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Ash	g	0.55	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carbohydrate, by difference	g	39.60	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Fiber, total dietary	g	1.2	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	21.30	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Minerals													
Calcium, Ca	mg	73	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Iron, Fe	mg	1.10	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Magnesium, Mg	mg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Phosphorus, P	mg	54	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Potassium, K	mg	68	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Sodium, Na	mg	162	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Zinc, Zn	mg	0.32	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Copper, Cu	mg	0.106	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Manganese, Mn	mg	0.225	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Selenium, Se	µg	3.1	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Riboflavin	mg	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Niacin	mg	0.237	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Pantothenic acid	mg	0.115	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-6	mg	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, total	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, food	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Choline, total	mg	8.0	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Vitamin B-12	µg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Vitamin A, RAE	µg	37	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Retinol	µg	37	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	122	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Lutein + zeaxanthin	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin K (phylloquinone)	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Lipids													
Fatty acids, total saturated	g	1.663	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
6:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
8:0	g	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
10:0	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
12:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
14:0	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
16:0	g	0.211	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:0	g	1.314	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	4.150	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
16:1 undifferentiated	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:1 undifferentiated	g	4.144	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Fatty acids, total polyunsaturated	g	0.847	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:2 undifferentiated	g	0.798	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:3 undifferentiated	g	0.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
20:4 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
20:5 n-3 (EPA)	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
22:6 n-3 (DHA)	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Cholesterol	mg	6	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01238	04/2011
Caffeine	mg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Theobromine	mg	42	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011